

HEALTHY CHICKEN CACCIATORE RECIPE



☰ Prep: 10 mins
🕒 Cook: 20 mins
🍴 Serves: 2
★ ★ ★ ★ ★

Ingredients

- ▲ 1 1/2 cups pasta shapes (spiral or bows), to make 2 cups cooked
- ▲ spray olive or canola oil spray
- ▲ 200 g skinless chicken breast, chopped
- ▲ 1/2 onion, chopped
- ▲ 2 cloves garlic, chopped
- ▲ 1 capsicum, chopped
- ▲ 100 g mushroom, chopped
- ▲ 1 x 400g can no-added-salt diced tomatoes
- ▲ 1 tomato, chopped
- ▲ 2 tbs salt-reduced tomato sauce
- ▲ 1/4 cup olives
- ▲ 1 sprinkle chilli flake, optional
- ▲ 1/2 cup basil leaves

Method

1. Cook pasta according to packet instructions. Drain well and set aside.
2. Place a large non-stick frypan on high heat and spray with oil. Add chicken and stir-fry for 4 minutes until browned but not completely cooked. Remove chicken from pan and set aside.
3. In the same pan, cook onion till softened, stirring often. Add garlic, capsicum, mushrooms and and fresh tomato and cook for another 3 minutes.
4. Add tinned tomatoes, chicken and olives, season with chilli flakes and simmer for 5 minutes or longer if times permits.
5. Mix cooked pasta and basil through sauce and serve with black pepper.

Comment: *To make this dish gluten free, use gluten free pasta or noodles

Nutrition Information

	per serving	per 100g
Energy	2154 kJ	297 kJ
Protein	48 g	7 g
Fat, total	6 g	1 g
— saturated	1 g	0.2 g
Carbohydrate	58 g	8 g
— sugars	20 g	3 g
Sodium	641 mg	88 mg
Fibre	13 g	2 g